

## ABSTRACT OF THE DISCLOSURE

Method and material for manufacturing cold/hot elastic gel, in which synthesized vegetal glue and high order starch are mixed at a certain ratio and fully stirred into an even state. Then a certain amount of water is added into the mixture and stirred to an even state to produce flour mash-like sticky mass by various processing tools or human hands. The solution is at the same time heated to a certain temperature. During heating, the chemical bonds of the molecules of the materials are chemically changed to form thermally irreversible gel. The materials are blended into flour mash-like sticky mass. After rested and cooled, the sticky mass processed by various processing measures into gel foods which can be frozen and refrigerated. The elasticity of the gel foods in hot state is equal to the elasticity of the gel in cold state. The gel foods can be further steamed or cooked for eating.